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BIBLIOGRAPHY OF
NUTRITION IN INDIA

27

BIBLIOGRAPHY OF NUTRITION IN INDIA

BY

N. GANGULEE, C.I.E., PH.D.

WITH A FOREWORD BY

W. R. AYKROYD



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FOREWORD

THE modern scientific worker is all too familiar with the laborious task of searching for relevant literature. In the field of medical research he has the Index Medicus and other publications to guide him, but these may not help if, as sometimes happens, he has only a nebulous idea that somebody and somebody, in 1930 or thereabouts, published a work whose title he has forgotten but which may be necessary to the work on hand. Comprehensive bibliographies dealing with a special subject may therefore be of genuine value to him. Dr Gangulee has compiled a bibliography on nutrition and related subjects which will be of service to research workers and many others interested in the subject. The mere titles of the works included draw attention to the extent of the problem, its multitudinous aspects, and its importance to India.

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South India

INTRODUCTION

THE purpose of this publication is to present in convenient form a bibliography on the subject of human nutrition in India. It contains

- I. Most of the available material on Indian nutrition generally, diet surveys, food analysis and deficiency diseases.
- II. A selection of material illustrating the sources of Indian food supply : this is not intended to be a complete list.
- III. All available budget analyses, showing the amount spent on food and consumed by rural and city communities.
- IV. An indication of sources on social prejudices regarding the eating of food.

It is hoped that the references to the available publications will be of practical value to all those who are interested in the nutritional problems of Indian peoples.

In preparing the bibliography, I have not confined myself only to scientific papers and treatises but have included a number of publications bearing upon general social and economic problems of India. Specialists in nutritional science, as a result of research and clinical investigation, emphasize the importance of proper and adequate food as a determining factor in health and social well-being ; medical authorities agree that far too many symptoms of illness may well be the manifestations of faulty diets ; but if we are to derive any benefits from the knowledge of nutrition, there must be a wider recognition of the problem. A determined effort to disseminate and popularize the principles which should be followed in the choice of food must be co-ordinated with the task of social and economic adjustments. For example, any consideration of adequate and proper diet in relation to *positive* health must take into account the entire

problem of better production and better utilization of our food resources. Or, where custom and prejudice lead to malnutrition, the entire machinery of popular education should be employed for the spread of the knowledge of nutrition.

I am indebted to Mr Douglas Varley, M.A., formerly Deputy Librarian of the Royal Empire Society, London, and to Mr Howard Drake, B.A., Assistant Librarian of that Society, for their valuable collaboration in the preparation of the bibliography. My grateful acknowledgement is also due to Dr W. R. Aykroyd, Director, Nutrition Research Laboratories (Coonoor, South India), for assisting me to include certain references to recent papers published by those engaged in scientific work in India. He has also written a foreword to this publication, which, I hope, will serve the purpose of bringing the bibliography to the notice of both scientific and lay bodies in India.

The usefulness of a bibliography should require no emphasis. Indeed, the need for a comprehensive collection of relevant source-material becomes apparent at an early stage not merely to anyone undertaking research work, but also to those who are less specialist in their studies.

The value of bibliographies has so far received little recognition in India, but the need there is no less real than elsewhere. It is the hope of the compiler of this work that it will not be long before there exists in his own country a central organization which, by issuing bibliographies showing the results of research work both at home and abroad, would thereby make the sources of knowledge readily available to his countrymen. Such work might possibly be undertaken by the Indian Inter-University Board and Agricultural Research Council.

N. GANGULEE

London,

August 1939

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IV. LIST OF INDIAN FOODSTUFFS

(from RANGANATHAN, S. and others, *Indian Journal of Medical Research*, Vol. XXIV, pp. 689-706, 1937)

i. *Cereals*

Arrowroot flour	' Makhana '	' Sanwa ' millet
' Bajra '	Oatmeal	' Singhara '
Barley	' Pani varagu '	Vermicelli
' Cholam '	' Ragi '	' Varagu ' millet
Italian millet	Rice	Wheat
' Kootu '	Sago	
Maize, Indian corn	' Samai '	

ii. *Pulses*

Bengal gram	Green gram	Peas
' Bhetmas '	Horse gram	' Rajmah '
Black gram	' Khesari '	' Rawan '
Cow gram	' Masur dhal '	Red gram
Fieldbean	(lentil)	Soya bean

iii. *Vegetables, leafy*

Amaranth	Drumstick	' Neem '
Bamboo	Fenugreek	Parsley
Brussels sprouts	Garden cress	' Agathi '
Cabbage	' Gogu '	' Manathakali '
Celery	Ipomoea	Spinach
Coriander	Lettuce	
Curry leaves	Mint	

iv. *Vegetables, roots and tubers*

Beetroot	Parsnip	Tapioca
Carrot	Potato	Yams
Colocasai	Radish	
' Onthalai gasu '	Sweet potato	

v. *Other vegetables*

Amaranth stem	Drumstick	Peas
Artichoke	French beans	Pink beans
Ashgourd	Indian gooseberry	Plantain flower
Bitter gourd	Ipomoea stems	Pumpkin
Brinjal	' Jack ' (tender)	Rhubarb stalks
Broad beans	Jackfruit seeds	Ridge gourd
Calabash cucumber	' Kandan Kathiri '	Water chestnut
Cauliflower	' Kovai ' fruit (raw)	Snake gourd
' Cho-cho marrow '	Khol-khol	Spinach stalks
Celery stalks	Ladies' fingers	Sundakai, dry
Cluster beans	Leeks	Tomato, green
Colocasia stems	Mango	Turnip
Cucumber	Nut of avocado pear	Vegetable marrow
Double beans	Onion stalk	

vi. *Oil seeds and nuts*

Almond	Gingelly	Mustard
Cashew	Ground nut	Pistachios
Coconut	Linseed	Walnut

vii. *Fruits*

Apple	' Korukkapalli '	Pineapple
Banana	Lemon	Plantain
Bullock's heart	Lime	Plums
Cape gooseberry	Mango	Pomegranate
Dates	Melon, water	' Pomeloe '
Fig	Orange	Quince
Grapes	Palmyra fruit	Raisins
Grapefruit	Papaya	Strawberry
Guava	Peaches	Tomato
Jack fruit	Pears	Tamarind
Jambu fruit	Pears, avocado	Woodapple

viii. *Condiments and spices*

' Aristhippili '	Fenugreek seeds	Omum
Asafoetida	Garlic	Onion
Cardamom	Ginger	Pepper
Chillis	' Kandanthippili '	Tamarind
Cloves	Mace	Turmeric
Coriander seed	Mustard	
Cumin	Nutmeg	

ix. *Flesh foods*

Beef	Egg (fowl)	Mutton
Crab	Fish	Pork
Egg (duck)	Liver (sheep)	Prawn

x. *Miscellaneous*

Betel leaves	Jaggery ' ghur '	Sweet toddy
Buttermilk (ghee)	' Perandi '	Skim-milk powder
Curds	' Pappads '	

V. INDIAN FOODSTUFFS ANALYSED

(a) *General*

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(b) *Specific Commodities*

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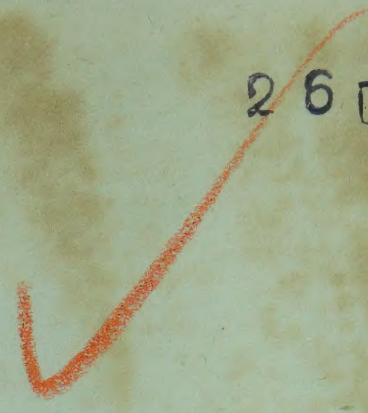
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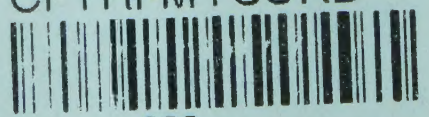
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